



# Coming Home II: Focus on Reunion

*Navy Chaplain Corps Spiritual Fitness Programs*

- Perspectives
- Current Initiatives
- Future Designs



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## Perspectives

- High operational tempo places increased stress on service members and their families.
- Reunion assistance is only part of the answer.
- Cooperative, interdisciplinary approach to Human Care is needed throughout the phases of high optempo stress.
- The way ahead is through caregivers in interdisciplinary teams reinforcing Human Care in all phases of deployments.



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## Current Initiatives

*Four Central Areas of Emphasis*

- The Service Member
  - The Family Member
    - The Command
      - Program R and D



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## Current Initiatives

### *Centered on the Service Member*

- Warrior Transition & Warrior Sustainment
  - Operational Tempo Stress Management
  - Character Development Workshops.
    - Personal Growth Retreat (PGR).
- Marriage Enrichment Retreat (MER).
  - Spiritual Growth Retreat (SGR).



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## Current Initiatives

### *Centered on the Command*

- Supervisory Retention Strategy Seminar.

- Care for the Care Giver  
(Ombudsman and Key Volunteers)

- BEARINGS

- Core Values



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## Current Initiatives

### *Centered on the Family*

- *Spouses Dealing with Deployment Stress.*
- *Love of Your Life Seminar.*
- *Support for LINKS*
- *Prevention & Relationship Enhancement Program*



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## Current Initiatives

*Centered on Program Research and Development*

- Train the Trainer Initiative.
- Other Retreats/Workshops.
- Program Development.



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## Current Initiatives

### *Care for Wounded Warriors and Families*

- CISM debriefings for Warriors, Families and Caregivers
- In-hospital care: First few days spent helping families acclimatize.
- In-hospital care: lasting 4 to 5 days produces increased counseling opportunities with the warrior
- Improving transition from In-hospital care to VA system





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## Future Designs

- Chaplains must be proactive in Human Care initiatives during all phases of high tempo operations: 1) Pre-deployment, 2) In Conflict Zone, 3) Reunion, 4) Garrison Care.
- Chaplains facilitate Human Care by 1) Assessing Needs, 2) Reducing stigma, 3) Interacting with people, and 4) Advising for follow-up.
- Interdisciplinary Human Care teams must cooperate in care for comprehensive ministry.



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## Future Designs

### *Human Care Phases\**

- Warrior Preparation: Help warriors develop spiritual strength for upcoming challenges.
- Warrior Sustainment: Presence in ministry. (Majority of work being done now.)
- Warrior Transition: Transition from warfare to home care.
- Warrior Care: follow through groups, one to one counsel, education, referrals.

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## Future Designs

*Facilitating Human Care*

- Assess:** Chaplains use deckplating, evaluative classes, and spiritual disciplines, to triage units for people who need attention.
- Reduce:** Chaplains use open interaction, command support, publicity campaigns, education to reduce the stigma associated with getting personal assistance.
- Interact:** Chaplains use counseling, spiritual ministries, small groups, educational activities, deckplate visits, and family ministries to interact with unit personnel.
- Advise:** Chaplains guide service members to other members of the Human Care team that may be able to help in times of stress (e.g. healthcare, family services, legal, specific religious professional, etc.).



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## Conclusion

- Chaplains must help build interdisciplinary Human Care teams to assist military personnel and their families with the increased stress of high tempo operations.
- Chaplains must proactively develop interaction activities during all phases of high tempo operations in order to provide consistent Human Care for service members.